

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

freshpick
for better health
by zander



1

Breakfast
Mini Pancakes
Fruit

Lunch
Cheesy Breadsticks
w/ Marinara
Daily Vegetable
Fruit

Milk is Optional and Lunch time only (required at Breakfast)

4

No School
Happy Labor Day!

5

Breakfast
Cereal Bar
Assorted Fruit

Lunch
Beef Nachos
w/ Cheese Sauce
Black Beans
Daily Fruit

6

Breakfast
Yogurt
Graham Crackers
Fruit & Juice

Lunch
Corn Dog
Daily Vegetable
Fruit

7

Breakfast
Pork Sausage & Rice
Fruit

Lunch
Breaded Chicken Sandwich
Daily Vegetable
Fruit

8

Breakfast
Assorted Frudel
Fruit

Lunch
Cheese Pizza
Daily Vegetable
Fruit

Our Menus follow USDA guidelines for school nutrition serving a variety of whole grains weekly

11

Breakfast
Benefit Bar
Fruit

Lunch
Cheese Burger
Daily Vegetable
Fruit

12

Breakfast
Biscuit w/ Bacon & Egg
Fruit & Juice

Lunch
Pork Tacos
Pinto Beans
Daily Fruit

13

Breakfast
Assorted Muffin
Fruit

Lunch
Salisbury Steak
W/ Gravy and Rice
Daily Vegetable
Fruit

14

Breakfast
Cereal Bar
Fruit & Juice

Lunch
Bistek with
Rice
Daily Vegetable
Fruit

15

Breakfast
Waffles w/ Syrup
Fruit

Lunch
Fish Sandwich
Daily Vegetable
Fruit

Lunch includes a choice of Fruit, Vegetable or both

18

Breakfast
Cereal Bar
Fruit

Lunch
Hot Dog
Daily Vegetable
Fruit

19

Breakfast
Biscuit w/ Sausage & Cheese
Fruit & Juice

Lunch
Beef Tacos
Black Beans
Fruit

20

Breakfast:
Breakfast Pizza
Fruit

Lunch
Orange Chicken
with Rice
Daily Vegetable
Assorted Fruit

21

Breakfast:
Bagel w/ Cream Cheese
Fruit & Juice

Lunch:
Eggless Loco Moco
with Rice
Daily Vegetable
Assorted Fruit

22

Breakfast:
Trix Yogurt
Scooby Snacks
Assorted Fruit

Lunch:
Pepperoni Pizza
Assorted Vegetables
Daily Fruit

Weekly Vegetables provide a variety of nutrients from all of the vegetable subgroups

25

Breakfast:
Stuffed Bagel
Fruit

Lunch:
Spaghetti w/ Meat Sauce
Assorted Vegetable
Daily Fruit

26

Breakfast:
Breakfast on a stick
Fruit & Juice

Lunch:
Pork Nachos
with Cheese Sauce
Pinto beans
Assorted Fruit

27

Breakfast:
Fried Rice w/ Ham & Eggs
Fruit

Lunch:
BBQ Pork Sandwich
Assorted Vegetable
Daily Fruit

28

Breakfast:
Cold Cereal
Fruit & Juice

Lunch:
Chicken Drumstick w/ Rice
Assorted Vegetable
Daily Fruit

29

Breakfast:
Cheese Omelet w/ Rice
Assorted Fruit

Lunch
Cheesy Breadstick w/ Marinara
Daily Vegetable
Fruit

Menus are subject to change due to product availability

8/28/2023

This institution is an equal opportunity provider.

for